

ABSTRACT

To permit a person to take a power-striding most effective to be healthy the quantity of exercising is managed by using, in combination, bioelectrical impedance measuring means 110; 5 personal data inputting means 120; body fat rate calculating means 130 for determining the body fat rate on the basis of the personal data and the value of bioelectrical impedance; target body fat rate setting means 140; target calorie consumption calculator means 150 for calculating the calorie consumption required to attain the target body fat rate; management period setting means 160 for setting a length of period required to attain the target body fat rate; healthful 10 calorie consumption calculator means 170 for calculating the calorie consumption per day within the management period; walking calorie per minute calculating means 180 for calculating caloric quantity consumed by walking per minute in consideration of the individual basal metastasis; healthful exercise quantity calculating means 190 for calculating the healthful exercise quantity per day required to consume the healthful calorie per day; exercise quantity 15 measuring means 200; calorie consumption per day calculating means 210 for determining the calorie consumption on the basis of the so measured exercise quantity; and healthful exercise quantity correcting means 220 for comparing the calorie consumption per day of the previous day with the target value of the present day and for converting any difference therebetween in terms of exercise quantity, thereby renewing the healthful exercise quantity of the present day.